

# Competition Pool Schedule: Monday, May 9-Sunday, May 15

Monday, 5/9

Deep End	Ladder								Ladder								Shallow End					
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
4:30-5 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a													
5-5:30 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a													
5:30-6 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a													
6-6:30 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a													
6:30-7 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a													
7-7:30 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a													
7:30-8 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a													
8-8:30 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a								Aqua Fit 8:10a -8:55a					
8:30-9 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a								Aqua Fit 8:10a -8:55a					
9-9:30 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a								Aqua Fit 8:10a -8:55a					
9:30-10 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a								Aqua Fit 8:10a -8:55a					
10-10:30 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a								Aqua Fit 8:10a -8:55a					
10:30-11 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a								Aqua Fit 8:10a -8:55a					
11-11:30 AM	NCAP 4:45a-6:15am; 14 lanes								Masters 4:45-6:00a								Aqua Fit 8:10a -8:55a					
11:30-12 PM	NCAP 4:45a-6:15am; 14 lanes								Masters 11:30-12:45p								Aqua Fit 8:10a -8:55a					
12-12:30 PM	NCAP 4:45a-6:15am; 14 lanes								Masters 11:30-12:45p								Aqua Fit 8:10a -8:55a					
12:30-1 PM	NCAP 4:45a-6:15am; 14 lanes								Masters 11:30-12:45p								Aqua Fit 8:10a -8:55a					
1-1:30 PM	Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm					
1:30-2 PM	Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm					
2-2:30 PM	Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm					
2:30-3 PM	Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm					
3-3:30 PM	Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm					
3:30-4 PM	Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm								Entire Pool Area CLOSED 1:00-4:00pm					
4-4:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 4:00-5:30p; 6 lanes													
4:30-5 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 4:00-5:30p; 6 lanes													
5-5:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 4:00-5:30p; 6 lanes													
5:30-6 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 5:30-7:00p; 5 lanes													
6-6:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 5:30-7:00p; 5 lanes													
6:30-7 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 5:30-7:00p; 5 lanes													
7-7:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 7:00-8:30p; 6 lanes													
7:30-8 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 7:00-8:30p; 6 lanes													
8-8:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 7:00-8:30p; 6 lanes													
8:30-9 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 7:00-8:30p; 6 lanes													
9-9:30 PM	OCCS 3:30-8:30p; 6 lanes								NCAP 7:00-8:30p; 6 lanes													

Entire Pool Area CLOSED 1:00-4:00pm,

# Competition Pool Schedule: Monday, May 9-Sunday, May 15

Tuesday, 5/10

Time	Ladder						Ladder						Ladder								
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
4:30-5 AM	NCAP 4:45-6:15a; 6 lanes						Masters 4:45-6:00a														
5-5:30 AM	NCAP 4:45-6:15a; 6 lanes						Masters 4:45-6:00a														
5:30-6 AM	NCAP 4:45-6:15a; 6 lanes						Masters 4:45-6:00a														
6-6:30 AM	NCAP 4:45-6:15a; 6 lanes						Masters 4:45-6:00a														
6:30-7 AM																					
7-7:30 AM																					
7:30-8 AM																					
8-8:30 AM																					
8:30-9 AM																					
9-9:30 AM																					
9:30-10 AM										Deep Water 9:20a-10:20a											
10-10:30 AM										Deep Water 9:20a-10:20a											
10:30-11 AM										Deep Water 9:20a-10:20a											
11-11:30 AM										Deep Water 9:20a-10:20a											
11:30-12 PM										Deep Water 9:20a-10:20a											
12-12:30 PM										Deep Water 9:20a-10:20a											
12:30-1 PM										Deep Water 9:20a-10:20a											
1-1:30 PM																					
1:30-2 PM																					
2-2:30 PM																					
2:30-3 PM																					
3-3:30 PM																					
3:30-4 PM																					
4-4:30 PM	NCAP 4:00-5:30p; 4 lanes						OCCS 3:30-5:30p; 8 lanes														
4:30-5 PM	NCAP 4:00-5:30p; 4 lanes						OCCS 3:30-5:30p; 8 lanes														
5-5:30 PM	NCAP 4:00-5:30p; 4 lanes						OCCS 3:30-5:30p; 8 lanes														
5:30-6 PM	NCAP 5:30-8:30p; 6 lanes						OCCS 5:30-8:30p; 6 lanes														
6-6:30 PM	NCAP 5:30-8:30p; 6 lanes						OCCS 5:30-8:30p; 6 lanes														
6:30-7 PM	NCAP 5:30-8:30p; 6 lanes						OCCS 5:30-8:30p; 6 lanes														
7-7:30 PM	NCAP 5:30-8:30p; 6 lanes						OCCS 5:30-8:30p; 6 lanes														
7:30-8 PM	NCAP 5:30-8:30p; 6 lanes						OCCS 5:30-8:30p; 6 lanes														
8-8:30 PM	NCAP 5:30-8:30p; 6 lanes						OCCS 5:30-8:30p; 6 lanes														
8:30-9 PM																					
9-9:30 PM																					

Entire Pool Area CLOSED 1:00-4:00pm

# Competition Pool Schedule: Monday, May 9-Sunday, May 15

Wednesday, 5/11

Deep End	Ladder								Ladder								Ladder						
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0	
4:30-5 AM																							
5-5:30 AM	NCAP 5:00-6:30a; 6 lanes																						
5:30-6 AM	NCAP 5:00-6:30a; 6 lanes																						
6-6:30 AM	NCAP 5:00-6:30a; 6 lanes																						
6:30-7 AM																							
7-7:30 AM																							
7:30-8 AM																							
8-8:30 AM																							
8:30-9 AM																							
9-9:30 AM																							
9:30-10 AM																							
10-10:30 AM																							
10:30-11 AM																							
11-11:30 AM																							
11:30-12 PM																							
12-12:30 PM																							
12:30-1 PM																							
1-1:30 PM																							
1:30-2 PM																							
2-2:30 PM																							
2:30-3 PM																							
3-3:30 PM																							
3:30-4 PM																							
4-4:30 PM																							
4:30-5 PM																							
5-5:30 PM																							
5:30-6 PM	OCCS 3:30-8:30p; 6 lanes																						
6-6:30 PM	OCCS 3:30-8:30p; 6 lanes																						
6:30-7 PM	OCCS 3:30-8:30p; 6 lanes																						
7-7:30 PM	OCCS 3:30-8:30p; 6 lanes																						
7:30-8 PM	OCCS 3:30-8:30p; 6 lanes																						
8-8:30 PM																							
8:30-9 PM																							
9-9:30 PM																							

Entire Pool Area CLOSED 1:00-4:00pm

# Competition Pool Schedule: Monday, May 9-Sunday, May 15

Thursday, 5/12

Time	Deep End							Ladder							Ladder							
	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
4:30-5 AM	NCAP 4:45-6:15a; 6 lanes							Masters 4:45-6:00a														
5-5:30 AM	NCAP 4:45-6:15a; 6 lanes							Masters 4:45-6:00a														
5:30-6 AM	NCAP 4:45-6:15a; 6 lanes							Masters 4:45-6:00a														
6-6:30 AM	NCAP 4:45-6:15a; 6 lanes							Masters 4:45-6:00a														
6:30-7 AM																						
7-7:30 AM																						
7:30-8 AM																						
8-8:30 AM											Deep Water 8:20a-9:20a											
8:30-9 AM											Deep Water 8:20a-9:20a											
9-9:30 AM															Aqua Fit 9:20a -10:20a							
9:30-10 AM															Aqua Fit 9:20a -10:20a							
10-10:30 AM															Aqua Fit 9:20a -10:20a							
10:30-11 AM															Aqua Fit 9:20a -10:20a							
11-11:30 AM															Aqua Fit 9:20a -10:20a							
11:30-12 PM															Aqua Fit 9:20a -10:20a							
12-12:30 PM															Aqua Fit 9:20a -10:20a							
12:30-1 PM															Aqua Fit 9:20a -10:20a							
1-1:30 PM																						
1:30-2 PM																						
2-2:30 PM																						
2:30-3 PM																						
3-3:30 PM																						
3:30-4 PM																						
4-4:30 PM																						
4:30-5 PM	NCAP 4:30-6:00p; 4 lanes				OCCS 3:30-5:30p; 8 lanes																	
5-5:30 PM	NCAP 4:30-6:00p; 4 lanes				OCCS 3:30-5:30p; 8 lanes																	
5:30-6 PM	NCAP 4:30-6:00p; 4 lanes				OCCS 3:30-5:30p; 8 lanes																	
6-6:30 PM	NCAP 6:00-7:00p; 5 lanes					Deep Water 6:00-7:00p		OCCS 5:30-8:30p; 5 lanes														
6:30-7 PM	NCAP 6:00-7:00p; 5 lanes					Deep Water 6:00-7:00p		OCCS 5:30-8:30p; 5 lanes														
7-7:30 PM	NCAP 7:00-8:30p; 6 lanes							OCCS 5:30-8:30p; 5 lanes														
7:30-8 PM	NCAP 7:00-8:30p; 6 lanes							OCCS 5:30-8:30p; 5 lanes														
8-8:30 PM	NCAP 7:00-8:30p; 6 lanes							OCCS 5:30-8:30p; 5 lanes														
8:30-9 PM																						
9-9:30 PM																						

Entire Pool Area CLOSED 1:00-4:00pm

# Competition Pool Schedule: Monday, May 9-Sunday, May 15

Friday, 5/13

Time	Ladder								Ladder	Ladder											
	21	20	19	18	17	16	15	14		13	12	11	10	9	8	7	6	5	4	3	2
4:30-5 AM	Closed									Closed								NCAP Long Course 4:45-6:15a; 6 lanes			
5-5:30 AM	Closed									OCCS Long Course 4:45-6:15a; 4 lanes								NCAP Long Course 4:45-6:15a; 6 lanes			
5:30-6 AM	Closed									Transition to short course; 6:15-6:30a								NCAP Long Course 4:45-6:15a; 6 lanes			
6-6:30 AM	Closed									Transition to short course; 6:15-6:30a								NCAP Long Course 4:45-6:15a; 6 lanes			
6:30-7 AM	Closed				Swim					Swim								Swim			
7-7:30 AM	Closed				Swim					Swim								Swim			
7:30-8 AM	Closed				Swim					Swim								Swim			
8-8:30 AM	Closed				Swim					Swim								Swim			
8:30-9 AM	Closed				Swim					Swim								Swim			
9-9:30 AM	Closed				Swim					Swim								Swim			
9:30-10 AM	Closed				Swim					Swim								Swim			
10-10:30 AM	Closed				Swim					Swim								Swim			
10:30-11 AM	Closed				Swim					Swim								Aqua Fit 10:20a -11:20a			
11-11:30 AM	Closed				Swim					Swim								Swim			
11:30-12 PM	Closed				Masters 11:30-12:45p					Swim								Swim			
12-12:30 PM	Closed				Masters 11:30-12:45p					Swim								Swim			
12:30-1 PM	Closed				Masters 11:30-12:45p					Swim								Swim			
1-1:30 PM	Closed									Closed								Closed			
1:30-2 PM	Closed									Closed								Closed			
2-2:30 PM	Closed									Closed								Closed			
2:30-3 PM	Closed									Closed								Closed			
3-3:30 PM	Closed									Closed								Closed			
3:30-4 PM	Closed									Closed								Closed			
4-4:30 PM	Closed				Swim					Swim								Swim			
4:30-5 PM	NCAP 4:30-6:00p; 4 lanes				Swim					Swim								Swim			
5-5:30 PM	NCAP 4:30-6:00p; 4 lanes				Swim					Swim								Swim			
5:30-6 PM	NCAP 4:30-6:00p; 4 lanes				Swim					Swim								Swim			
6-6:30 PM	NCAP 6:00-7:30p; 6 lanes						Swim			Swim								Swim			
6:30-7 PM	NCAP 6:00-7:30p; 6 lanes						Swim			Swim								Swim			
7-7:30 PM	NCAP 6:00-7:30p; 6 lanes						Swim			Swim								Swim			
7:30-8 PM	Closed									Closed								Closed			
8-8:30 PM	Closed									Closed								Closed			
8:30-9 PM	Closed									Closed								Closed			
9-9:30 PM	Closed									Closed								Closed			

Entire Pool Area CLOSED to the public: 5:00am-6:30am 1:00-4:00pm

# Competition Pool Schedule: Monday, May 9-Sunday, May 15

Saturday, 5/14

Deep End	Ladder									Ladder									Ladder													
	21	20	19	18	17	16	15	14	13		12	11	10	9	8	7	6	5		4	3	2	1	0								
4:30-5 AM																																
5-5:30 AM																																
5:30-6 AM																																
6-6:30 AM																																
6:30-7 AM																																
7-7:30 AM																																
7:30-8 AM																																
8-8:30 AM	NCAP 6:30a-10:00a; 6 lanes																															
8:30-9 AM																																
9-9:30 AM																																
9:30-10 AM																																
10-10:30 AM																																
10:30-11 AM																																
11-11:30 AM																																
11:30-12 PM																																
12-12:30 PM																																
12:30-1 PM																																
1-1:30 PM																																
1:30-2 PM																																
2-2:30 PM																																
2:30-3 PM																																
3-3:30 PM																																
3:30-4 PM																																
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5-5:30 PM																																
5:30-6 PM																																
6-6:30 PM																																
6:30-7 PM																																
7-7:30 PM																																
7:30-8 PM																																
8-8:30 PM																																
8:30-9 PM																																
9-9:30 PM																																

NO OCCS Practice/Tour Group 7:00-10:00pm

# Competition Pool Schedule: Monday, May 9-Sunday, May 15

Sunday, 5/15

Time	Ladder							Ladder	Ladder							Ladder	Ladder				
	21	20	19	18	17	16	15		14	13	12	11	10	9	8		7	6	5	4	3
4:30-5 AM	Dark																				
5-5:30 AM	Dark																				
5:30-6 AM	Dark																				
6-6:30 AM	Dark																				
6:30-7 AM	Dark																				
7-7:30 AM	Dark																				
7:30-8 AM	Dark																				
8-8:30 AM	Masters					Light Green															
8:30-9 AM	8:00a-9:15a					Light Green															
9-9:30 AM	Grey					Light Green															
9:30-10 AM	Grey					Light Green															
10-10:30 AM	Grey					Light Green															
10:30-11 AM	Grey					Light Green															
11-11:30 AM	Grey					Light Green															
11:30-12 PM	Grey					Light Green															
12-12:30 PM	Grey					Light Green															
12:30-1 PM	Grey					Light Green															
1-1:30 PM	NCAP 1:00-2:00p; 6 lanes										Special Olympics 1:00-2:30p; 8 lanes										
1:30-2 PM	NCAP 1:00-2:00p; 6 lanes										Special Olympics 1:00-2:30p; 8 lanes										
2-2:30 PM	NCAP 2:00-3:00p; 5 lanes										Special Olympics 1:00-2:30p; 8 lanes										
2:30-3 PM	NCAP 2:00-3:00p; 5 lanes										Light Green										
3-3:30 PM	Grey					Light Green															
3:30-4 PM	Grey					Light Green															
4-4:30 PM	Grey					Light Green															
4:30-5 PM	Grey					Light Green															
5-5:30 PM	Dark																				
5:30-6 PM	Dark																				
6-6:30 PM	Dark																				
6:30-7 PM	Dark																				
7-7:30 PM	Dark																				
7:30-8 PM	Dark																				
8-8:30 PM	Dark																				
8:30-9 PM	Dark																				
9-9:30 PM	Dark																				